

Castro Valley High School

**TROJAN
INVITATIONAL
RELAYS**

**Friday, April 25, 1997
Trojan Stadium**

TROJAN INVITATIONAL RELAYS

ORDER OF EVENTS

TRACK EVENTS

1. BFS 4 X MILE
2. GFS 4 X MILE
3. GV 4 X MILE
4. BFS 4 X 100
5. GFS 4 X 100
6. GV 4 X 100
7. BFS SHUTTLE HURDLES 39"
8. GFS SHUTTLE HURDLES 33"
9. GV SHUTTLE HURDLES 33"
10. BFS 4 X 220
11. GFS 4 X 220
12. GV 4 X 220
13. BFS 4 X 880
14. GFS 4 X 880
15. GV 4 X 880
16. BFS OPEN 100
17. GFS OPEN 100
18. GV OPEN 100
19. BFS DEVIL-TAKE-THE-HINDMOST MILE
20. GFS DEVIL-TAKE-THE-HINDMOST MILE
21. GV DEVIL-TAKE-THE-HINDMOST MILE
22. BFS 4 X 440
23. GFS 4 X 440
24. GV 4 X 440

FIELD EVENTS

- | | | | | |
|-----|-----|-------------|---------|------------------|
| 25. | GV | HIGH JUMP | (PIT A) | 4:00 PM |
| 26. | GFS | HIGH JUMP | (PIT A) | AFTER GV |
| 27. | BFS | HIGH JUMP | (PIT B) | 4:00 PM |
| 28. | GFS | LONG JUMP | | 4:00 PM |
| 29. | GV | LONG JUMP | | AFTER GFS |
| 30. | BFS | TRIPLE JUMP | | AFTER GV |
| 31. | BFS | SHOT PUT | | 4:00 PM |
| 32. | GV | SHOT PUT | | AFTER BFS |
| 33. | GFS | SHOT PUT | | AFTER GV |
| 34. | GV | DISCUS | | 4:00 PM |
| 35. | GFS | DISCUS | | AFTER GV |
| 36. | BFS | DISCUS | | AFTER GFS |
| 37. | GFS | POLE VAULT | | 4:00 PM |
| 38. | GV | POLE VAULT | | SAME TIME AS GFS |
| 39. | BFS | POLE VAULT | | AFTER GV |

**1996 Trojan Invitation Relays
Castro Valley High School
Trojan Stadium
Friday, April 25, 1997**

Welcome to the Trojan Relays! This is a continuation of the long-running DeKlotz Relays that were held at Las Lomas High School from 1973-1989. The DeKlotz Relays were initially established to showcase girls-only competition. In 1985, Frosh-Soph boys' competition was added. In the spirit of the original philosophy, the Trojan Relays continue to emphasize girls' competition in a relay format. By permission of the DeKlotz Relays director, Linda Sawyer, all of the DeKlotz records have been forwarded and are now a continuing part of the Trojan Relays.

Girls' Frosh-Soph -- We have added a Girls' Frosh-Soph division this year, to encourage the increased participation of girls in track & field.

Awards: Medals to the top four (4) teams in each track relay
Medals to the top four (4) teams in each field relay
Medals to the top five (5) individuals in each open race
Medals to the top five (5) individuals in each field event

Trophies to the top three (3) teams in Girls' Varsity
Trophies to the top three (3) teams in Girls' Frosh-Soph
Trophies to the top three (3) teams in Boys' Frosh-Soph

Scoring: 10-8-6-4-2 in the relays
6-4-3-2-1 in the open races
("B," "C," "D" teams score as well)

Logistics: **Bathrooms** are at the southwest end of the track.
The **snack bar** is next to the scoreboard.
The **press booth** is on the west side of the track.
The **trainer** is located in the center of the field.
The **bullpen's** on the straightaway just east of the snack bar.
Results will be posted next to the press booth.
T-shirts will be for sale for \$10 next to the snack bar.
Awards will be available after the meet in the Press Booth.
Tent City and the athlete's Hooverville is on the grass behind the scoreboard.

Scratches and substitutions will be done at the bullpen. Please have your athletes report well in advance. Calls for each event will be announced over the public address system.

Good luck today!

EVENT 1 **BOYS' FROSH-SOPH 4 x MILE**

Entries	School	Entry Time
1.	Mission San Jose	20:03
2.	Sacred Heart	20:05
3.	Castro Valley A	21:20
4.	Alhambra	21:30
5.	Benicia	22:00
6.	Las Lomas	24:01
7.	Washington	nt
8.	Hayward	nt
9.	Castro Valley B	nt

EVENT 2 **GIRLS' FROSH-SOPH 4 x MILE**

Entries	School	Entry Time
1.	Mission San Jose	23:07
2.	Castro Valley	24:14
3.	Sacred Heart	24:20
4.	Las Lomas	26:09

EVENT 3 **GIRLS' VARSITY 4 x MILE**

Entries	School	Entry Time
1.	Alhambra	22:00
2.	Castro Valley	22:40
3.	Sacred Heart	23:47
4.	Hayward	nt
5.	Washington	nt

EVENT 4 **BOYS' FROSH-SOPH 4 X 100**

Entries	School	Entry Time
1.	Richmond	45.0
2.	Benicia	45.9
3.	Mt. Eden	46.2
4.	Castro Valley A	47.2
5.	Alhambra	47.6
6.	Las Lomas	48.4
7.	Mission San Jose	48.8
8.	Hayward	49.0
9.	Castro Valley C	49.5
10.	Castro Valley C	50.1

EVENT 5 **GIRLS' FROSH-SOPH 4 X 100**

Entries	School	Entry Time
1.	Mission San Jose	53.0
2.	Dublin	54.2
3.	Los Lomas	55.0

4.	Richmond High	55.0
5.	Sacred Heart	56.1
6.	Castro Valley A	56.4
7.	Dublin	58.8
8.	Castro Valley B	nm

EVENT 6 GIRLS' VARSITY 4 X 100

Entries	School	Entry Time
1.	Mission San Jose	49.8
2.	Fremont	49.9
3.	San Lorenzo	50.49
4.	Alhambra	52.3
5.	Castro Valley	52.6
6.	Sacred Heart	54.2
7.	Hayward	55.0
8.	Richmond	57.1

EVENT 7 BOYS' FROSH-SOPH 4 X 70 YARD HURDLES

Entries	School	Entry Time
1.	Alhambra	40.0
2.	Mission San Jose	47.0
3.	Benicia	50.5
4.	Castro Valley A	nt
5.	Castro Valley B	nt
6.	Hayward	nt
7.	Richmond	nt

EVENT 8 GIRLS' FROSH-SOPH 4 X 65 YARD HURDLES

Entries	School	Entry Time
1.	Castro Valley	44.7
2.	Mission San Jose	nt
3.	Washington	nt
4.	Dublin	nt

EVENT 9 GIRLS' VARSITY 4 X 65 YARD HURDLES

Entries	School	Entry Time
1.	Sacred Heart	1:15.8 (4 x 100)
2.	Castro Valley A	42.9
3.	Castro Valley B	nt
4.	Alhambra	nt
5.	Hayward	nt
6.	Mission San Jose	nt

EVENT 10 BOYS' FROSH-SOPH 4 X 220

Entries	School	Entry Time
1.	Richmond	1:36
2.	Sacred Heart	1:40
3.	Mission San Jose	1:40
4.	Las Lomas	1:40.1
5.	Castro Valley A	1:40.7
6.	Benicia	1:40.8
7.	San Lorenzo	1:45
8.	Alhambra	1:50
9.	Castro Valley B	nt
10.	Hayward	nt
11.	Mt. Eden	nt

EVENT 11 GIRLS' FROSH-SOPH 4 X 220

Entries	School	Entry Time
1.	Casro Valley A	1:56
2.	Mission San Jose	1:57
3.	Las Lomas	1:58
4.	Richmond	1:59
5.	Sacred Heart	1:59.4
6.	Dublin A	2:00
7.	Castro Valley B	2:03.5
8.	Dublin B	2:06

EVENT 12 GIRLS' VARSITY 4 X 220

Entries	School	Entry Time
1.	Mission San Jose	1:40
2.	Fremont	1:44
3.	San Lorenzo	1:50
4.	Castro Valley A	1:52.5
5.	Alhambra	1:53
6.	Richmond	1:58
7.	Sacred Heart	1:58.3
8.	Dublin	2:05
9.	Castro Valley B	nt
10.	Castro Valley C	nt
11.	Hayward	nt

EVENT 13 BOYS' FROSH-SOPH 4 X 880

Entries	School	Entry Time
1.	Sacred Heart	8:57
2.	Mission San Jose	9:05
3.	Las Lomas	9:07
4.	Castro Valley	9:15
5.	Benicia	9:30
6.	Alhambra	9:50
7.	Hayward	nt

EVENT 14 GIRLS' FROSH-SOPH 4 X 880

Entries	School	Entry Time
1.	Las Lomas	9:40
2.	Mission San Jose	10:15
3.	Castro Valley A	10:55
4.	Sacred Heart	11:35
5.	Castro Valley B	12:50

EVENT 15 GIRLS' VARSITY 4 X 880

Entries	School	Entry Time
1.	Alhambra	9:50
2.	Mission San Jose	10:00
3.	Castro Valley A	10:05
4.	Sacred Heart	10:25
5.	Castro Valley B	10:39
6.	Dublin	12:20
7.	Hayward	nt
8.	Fremont	nt

EVENT 16 BOYS' FROSH-SOPH OPEN 100 METER

Entries	Name	School	Entry Time
1.	Perry	Las Lomas	11.2
2.	Morales	Benicia	11.4
3.	Brian Rivers	Mission San Jose	11.6
4.	Matt Middlesworth	Mission San Jose	11.7
5.	Tony Gabba	Washington	11.97
6.	Erik Allen	Mission San Jose	11.8
7.	Matt Omelagah	Castro Valley	11.8
8.	Kishawn Lewis	Richmond	11.8
9.	Sam Sherman	Richmond	11.9
10.	D. Lewis	Hayward	11.9
11.	Brandon Soloff	Alhambra	12.1
12.	Jack Daniels	Castro Valley	12.2
13.	A. Neal	Hayward	12.2
14.	Downing	Las Lomas	12.3
15.	Lawson	Benicia	12.3
16.	Joe Cooper	Alhambra	12.3
17.	Aaron Lewis	Washington	12.53
18.	IV Matheny	Castro Valley	12.4
19.	Byron Bandy	San Lorenzo	nt

EVENT 17 GIRLS' FROSH-SOPH OPEN 100 METER

Entries	Name	School	Entry Time
1.	Julie Ramos	Mission San Jose	12.95
2.	Jeanna Collins	Mission San Jose	13.1
3.	Christina Kirkland	Mission San Jose	13.2

4.	Eoa Morris	Richmond	13.5
5.	Fernandez	Las Lomas	13.6
6.	Hudson	Las Lomas	13.6
7.	Sarah Combs	Richmond	13.7
8.	Jessica Little	Washington	14.10
9.	Michele Tobia	Castro Valley	14.1
10.	Trisha Chung	Castro Valley	14.1

EVENT 18 GIRLS' VARSITY OPEN 100 METER

Entries	Name	School	Entry Time
1.	Anita McCullum	San Lorenzo	12.25
2.	Jamelia Taylor	Richmond	12.5
3.	Ashli Tingle	Castro Valley	12.7
4.	S. Shith	Mission San Jose	12.8
5.	B. Forte	Mission San Jose	12.9
6.	Jessica Robinson	Alhambra	13.2
7.	Angie Golightly	Alhambra	13.3
8.	Tianne Brown	Dublin	13.3
9.	Heather Duperroir	Castro Valley	13.75
10.	A. McConnell	Hayward	13.4
11.	S. Jointer	Hayward	13.9

EVENT 19 BOYS' FROSH-SOPH DEVIL-TAKE-THE HINDMOST MILE

Entries	Name	School	Entry Time
1.	Richard Mendez	Hayward	4:56
2.	Kenpei Yamamoto	Castro Valley	5:03
3.	Rob Arndt	Castro Valley	5:09
4.	Matthews	Benicia	5:10
5.	Dan Sabatini	Alhambra	5:15
6.	Hoskins	Benicia	5:17
7.	Alex Hawkins	Mission San Jose	5:20
8.	Johnny Bergeloff	Washington	5:21
9.	Keith Gidlund	Castro Valley	5:22
10.	Edward Cheung	Castro Valley	5:22
11.	Mamali Gharrati	Mission San Jose	5:30
12.	Erik Hendrickson	Castro Valley	5:55
13.	Daniel Cheung	Castro Valley	5:58
14.	Kevin Lane	Mt. Eden	6:06
15.	Hamid Aghbaee	Castro Valley	6:18
16.	Matt Ross	Alhambra	6:25
17.	J. Mota	Hayward	nt

EVENT 20 GIRLS' FROSH-SOPH DEVIL-TAKE-THE-HINDMOST MILE

Entries	Name	School	Entry Time
1.	Marie Bischel	Castro Valley	6:52
2.	Shayna Gelender	Castro Valley	nt
3.	Haw Solomon	Mission San Jose	nt

EVENT 21 GIRLS' VARSITY DEVIL-TAKE-THE-HINDMOST MILE

Entries	Name	School	Entry Time
1.	Loper Riley	Alhambra	5:25
2.	Michelle Prato	Alhambra	5:45
3.	Stephanie Rusmiser	Washington	5:50
4.	Stephanie Weisman	Castro Valley	5:53
5.	A. Coon	Hayward	6:01
6.	Teresa Ko	Castro Valley	6:13
7.	K. Wong	Hayward	6:32
8.	Fawn Osborne	San Lorenzo	6:36
9.	Becky Anderson	Mission San Jose	nt
10.	Alicia Rutledge	Mission San Jose	nt

EVENT 22 BOYS' FROSH-SOPH 4 X 440

Entries	School	Entry Time
1.	Richmond	3:40
2.	Mission San Jose	3:43
3.	Benicia	3:44
4.	Sacred Heart	3:45.8
5.	Castro Valley	3:48
6.	Alhambra	3:52
7.	Las Lomas	4:17.1
8.	Mt. Eden	nt
9.	Washington	nt
10.	Hayward	nt

EVENT 23 GIRLS' FROSH-SOPH 4 X 440

Entries	School	Entry Time
1.	Castro Valley A	4:28
2.	Mission San Jose	4:34
3.	Sacred Heart	4:38
4.	Richmond	4:45
5.	Castro Valley B	4:52
6.	Las Lomas	4:56
7.	Castro Valley C	5:00

EVENT 24 GIRLS' VARSITY 4 X 440

Entries	School	Entry Time
1.	Mission San Jose	4:00
2.	Fremont	4:01.2
3.	Castro Valley A	4:11
4.	Alhambra	4:15
5.	Castro Valley B	4:24
6.	Sacred Heart	4:32.6
7.	Hayward	4:44
8.	Richmond	4:49

EVENT 25 GIRLS' VARSITY HIGH JUMP

Entries	School	Entry Mark
1.	Castro Valley A	14' 0"
2.	Alhambra	13' 8"
3.	Fremont	13' 0"
4.	Castro Valley B	12' 10"
5.	San Lorenzo	nm
6.	Hayward	nm

EVENT 26 GIRLS' FROSH-SOPH HIGH JUMP

Entries	School	Entry Mark
1.	Castro Valley	12' 6"

EVENT 27 BOYS' FROSH-SOPH HIGH JUMP

Entries	School	Entry Mark
1.	Hayward	18' 0"
2.	Mission San Jose	17' 0"
3.	Sacred Heart	16' 2"
4.	Castro Valley	15' 4"
5.	Alhambra	15' 0"
6.	Benicia	nm
7.	Mt. Eden	nm
8.	San Lorenzo	nm

EVENT 28 GIRLS' FROSH-SOPH LONG JUMP

Entries	School	Entry Mark
1.	Mission San Jose A	42' 0"
2.	Mission San Jose B	40' 0"
3.	Castro Valley A	37' 0"
4.	Castro Valley B	32' 3"
5.	Castro Valley C	31' 0"
6.	Las Lomas	nm
7.	Dublin	nm

EVENT 29 GIRLS' VARSITY LONG JUMP

Entries	School	Entry Mark
1.	Castro Valley A	45' 10"
2.	Mission San Jose	41' 0"
3.	Castro Valley B	40' 0"
4.	Alhambra	39' 0"
5.	Fremont	36' 6"
6.	Castro Valley B	36' 4"
7.	Hayward	36' 0"
8.	Dublin	nm

9.	Richmond	nm
10.	San Lorenzo	nm

EVENT 30 BOYS' FROSH-SOPH TRIPLE JUMP

Entries	School	Entry Mark
1.	Benicia	107' 0"
2.	Hayward	105' 0"
3.	Sacred Heart	102' 7"
4.	Mission San Jose	100' 0"
5.	Castro Valley A	98' 0"
6.	Alhambra	90' 0"
7.	Castro Valley B	nm

EVENT 31 BOYS' FROSH-SOPH SHOT PUT

Entries	School	Entry Mark
1.	Sacred Heart	123' 4"
2.	Castro Valley A	122'
3.	Hayward	110'
4.	Mission San Jose	110'
5.	Benicia	108'
6.	Las Lomas	108'
7.	Castro Valley B	102'

EVENT 32 GIRLS' VARSITY SHOT PUT

Entries	School	Entry Mark
1.	Castro Valley	95'
2.	Fremont	90' 4"
3.	Las Lomas	80' 6"
4.	Hayward	75'
5.	Alhambra	59'
6.	San Lorenzo	nm
7.	Richmond	nm
8.	Dublin	nm

EVENT 33 GIRLS' FROSH-SOPH SHOT PUT

Entries	School	Entry Mark
1.	Sacred Heart	78' 3"
2.	Castro Valley A	71'
3.	Castro Valley B	20'
4.	Las Lomas	nm

EVENT 34 GIRLS' VARSITY DISCUS

Entries	School	Entry Mark
1.	Castro Valley	260'

2.	Las Lomas	250'
3.	Fremont	225'
4.	Alhambra	198'
5.	Hayward	nm
6.	San Lorenzo	nm
7.	Richmond	nm
8.	Dublin	nm

EVENT 35 GIRLS' FROSH-SOPH DISCUS

Entries	School	Entry Mark
1.	Sacred Heart	219' 4"
2.	Castro Valley A	190'
3.	Castro Valley B	45'
4.	Las Lomas	nm

EVENT 36 BOYS' FROSH-SOPH DISCUS

Entries	School	Entry Mark
1.	Sacred Heart	326' 7"
2.	Castro Valley A	310'
2.	Mission San Jose	300'
3.	Las Lomas	275'
4.	Hayward	270'
5.	Benicia	255'
6.	Alhambra	240'
7.	Castro Valley B	177'

EVENT 37 GIRLS' FROSH-SOPH POLE VAULT

Entries	School	Entry Mark
1.	Castro Valley	12' 6"
2.	Las Lomas	nm

EVENT 38 GIRLS' VARSITY POLE VAULT

Entries	School	Entry Mark
1.	Castro Valley	22' 0"
2.	Alhambra	21'
3.	Mission San Jose	20'

EVENT 39 BOYS' FROSH-SOPH POLE VAULT

Entries	School	Entry Mark
1.	Benicia	30'
2.	Castro Valley	25' 6"
3.	Alhambra	10'

4 X 100 PREVIOUS WINNERS

Varsity Girls:

1996	51.60	Fremont (Oakland)	Ashworth, Lewis, McCarter, Thomas
1995	53.5	Washington	Snow, Afencio, Ghodoussi, Obligation
1994	52.3	Oakland Tech	Henderson, Hammock Smith, Beverly
1990-93		meet not held	
1989	51.6	Holy Names	Tanner, Alexander, Taylor, Gross
1988		rained out	
1987	50.9	Acalanes	Kolmer, Kostulos, Peterson, Ravazza
1986	51.4	Monte Vista	Crew, Roos, Hansen, Forshee
1985	51.6	Presentation	Wells, Hines, McNair, Ford
1984	50.6	Clayton Valley	Flemings, Barries, Carr, Masae
1983	52.6	Campolindo	Lundberg, Schuh, Muesser, Sasser
1982		rained out	
1981	50.8	Alhambra	Hansenim, Hookins, Swicegood, Suits
1980	51.0	Miramonte	Bevan, Slakey, Davis, Binsacca
1979	49.2	Northgate	Fleming, Peters, Warfield, Relero
1978	51.8	Miramonte	Bevan, Blakey, Binsacca, Langjan
1977	50.6	El Cerrito	Young, Hawthorne, Blackburn, Hawthorne
1976	50.8	Berkeley	Cobbs, Ronbinson, Burgess, Knight
1975	49.7	Berkeley	Nickson, Robinson, Burgess, Knight
1974		no records	
1973	49.9	Berkeley	White, Staneford, Byfield, Nickson

Frosh-Soph Boys:

1996	46.61	Acalanes	Liang, Engledinger, Anderson, Brilliant
1995	47.0	Washington	Burns, John, Zellers, Dean
1994	47.4	Alhambra	Hodgkinson, Thompson, Linsey, Yeager
1990-93		no meet	
1989	46.5	Benicia	Liston, Zimmer, Baylor, Schefernon
1988		rained out	
1987	46.4	Ygnacio Valley	Aaron, VanBuren, Robinson, Premo
1986	44.7	Ygnacio Valley	Van Vuren, Eleazar, Barry, King
1985	47.0	DeAnza	Christoff, DeLuz, Hampton, Baker
1984	47.3	Las Lomas	Krugar, DePietro, Rivera, Herbert

Frosh-Soph Girls:

1996	52.52	St. Mary's	English, Accoe, Ransom, Shepherd
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4 X 220 PREVIOUS WINNERS

Varsity Girls:

1996	1:49.66	Fremont (Oakland)	Ashworth, Lewis, McCarter, Thomas
1995	1:56.9	Washington	Snow, Afencio, Ghodoussi, Obligation
1994	1:52.4	Oakland Tech	Henderson, Hammock, Beverly, Smith
1990-93		no meet held	
1989	1:50.1	Holy Names	Tanner, Alexander, Gross, Taylor
1988		rained out	
1987	1:49.4	Alhambra	Cline, Taylor, Corbyn, McLaughlin

1986	1:49.8	Monte Vista	Crew, Voss, Hanson, Forshee
1985	1:49.7	Presentation	Hines, Ford, Wells, McNair
1984	1:49.3	Miramonte	Chapman, Hess, Moss, Maxworthy
1983	1:49.8	Miramonte	no names available
1982		meet not held	
1981	1:49.7	Carondelet	Fournet, Zulaica, Jackson, Banchemo
1980	1:48.2	Acalanes	Gruhler, Meinbress, Morgan, Hansen
1979	1:45.3	Northgate	Fleming, Peters, Warfield, Peters
1978	1:50.0	Northgate	Peters, Fleming, Warfield, Cassidy
1977	1:51.0	Piedmont	Cheek, Oustermann, McDevitt, Martell
1976	1:50.4	Las Lomas	DiMaggio, Sharpe, Warren, Sweetman
1975	1:47.2	Berkeley	Robinson, Murray, Rose, Nickson
1974		no records	
1973	1:50.3	Berkeley	Ray, Henderson, Steneford, Nickson

Frosh-Soph Boys:

1996	1:37.34	Acalanes	Bostjanich, Brilliant, Engledinger, Anderson
1995	1:40.4	Castro Valley	Chan, Henig, Bailey, Abramenko
1994	1:41.1	Alhambra	Yeager, Thompson, Lopez, Lindsay
1990-93		no meet held	
1989	1:38.0	Alhambra	Williams, Scott, Baggerly, Micaneh
1988		rained out	
1987	1:36.7	DeAnza	Hunt, Armst, Senior, Rivera
1986	1:34.2	Ygnacio Valley	VanBuren, Eleazar, Barry, King
1985	1:38.2	Miramonte	Wolfens-Speyer, Kline, Suh, Grant
1984	1:36.7	Miramonte	Metz, Vincenzo, Slaterelis, Weiser

Frosh-Soph Girls:

1996	1:52.49	St. Mary's	Green-Odlum, Ranson, Shepherd, Accoce
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4 X 440 PREVIOUS WINNERS

Varsity Girls:

1996	4:13.4	Fremont (Oakland)	Ashworth, Lewis, McCarter, Thomas
1995	4:29.2	Washington	Holte, Ghodoussi, Snow, Lim
1994	4:31.1	Alhambra	Thompson, Underwood, Prato, Piper
1990-93		meet not held	
1989	4:17.8	Piedmont	no names available
1988		rained out	
1987	4:11.7	College Park	Henderson, Lucas, Dial, Marshall
1986	4:16.0	Acalanes	Ravazza, Ruan, Lee, Kilmedr
1985	4:15.9	Acalanes	Ravazza, Kasper, Heckmann, Newberger
1984	4:17.5	Campolindo	Bacon, Hepler, McMahon, Sasser
1983	4:17.9	Campolindo	Bacon, Hepler, McMahon, Sasser
1982		no meet held	
1981	4:12.7	Campolindo	M. Hepler, K. Hepler, Sasser, Vance
1980	4:04.5	Campolindo	Adams, Hepler, Henneker, Sandal
1979	4:06.5	Miramonte	Langren, Bevan, Binsacca, Peters
1978	4:14.7	San Ramon	O'Connor, O'Connor, Bateman, Renwick
1977	4:11.7	El Cerrito	Hawthorne, Young, Hawthorne, Blackburn
1976	4:15.4	Berkeley	Burgess, Murray, Ross, Cobbs
1975	4:09.9	Las Lomas	Warren, Gray, Giesman, Sweetman

1974		no records	
1973	4:03.5	Berkeley	no names available

Frosh-Soph Boys:

1996	3:45.8	Acalanes	Brillant, Bostjanich, Engledinger, Anderson
1995	3:45.6	Washington	Dean, John, Burns, Zeller
1994	3:47.6	Las Lomas	Schmidy, Coombs, Haleen, Moberly
1990-93		meet not held	
1989	3:43.0	Ygnacio Valley	Sanchez, Grim, Hunsaker, Schwab
1988		rained out	
1987	3:40.0	Acalanes	Redo, Stevens, Phillips, Sutch
1986	3:36.6	Ygnacio Valley	Barry, Eleazar, Shenejaeld, Morrison
1985	3:42.3	DeAnza	Margain, Baker, Morris, DeCruz
1984	3:42.8	Granada	Barnett, Johnson, Chambers, Klino

Frosh-Soph Girls:

1996	4:22.4	Acalanes	Laird, Gillen, Judy, Rowland
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4 X 880 RELAY PREVIOUS WINNERS

Varsity Girls:

1996	10:16.5	Mission San Jose	Mecochea, Torrez, Rutledge, Hotchkiss
1995	10:35.1	Washington	Duscha, Lin, Holte, Snow
1994	10:49.0	Castro Valley	Shin, J. Ewing, Groome, Lim
1990-93		no meet held	
1989	10:08.5	Campolindo	Woodridge, Kho, Smith, Riley
1984-88		event not contested	
1983	10:14	Alhambra	Leary, Tully, Tully, Nakasoni
1982		meet not held	
1981	9:56.0	Castro Valley	Lambden, Cunningham, Stevenson, Lambden
1980	10:05.0	Castro Valley	Kr. Lambden, Van Buskirk, Stevenson, Ka. Lambden
1979	10:08.8	San Ramon	Grav, O'Conner, Schalk, Baffert
1978		event not contested	
1977	10:24.6	Livermore	Aubucheon, Williams, Brostrom, Ainsworth
1976	10:27.3	Bishop O'Dowd	Lourth, Gonszives, Scannel, Zabner
1975	10:10.5	Pleasant Hill	Costello, Robinson, Iten, Bruder

Frosh-Soph Boys:

1996	9:02.6	Mission San Jose	Foreman, Stevesn, Chapman, Stepan
1995	9:15.4	Castro Valley	Boruta, Mellon, D. Dulaney, Baria
1994	8:59.1	DeLaSalle	Click, Georege, Hintz, Sanchez
1990-93		no meet held	
1988-89		event not contested	
1987	8:43.9	Castro Valley	Denzler, Saunders, Guerino, Grabanski
1986	8:40.6	Las Lomas	Williams, Dangle, Goeller, Murphy
1985	8:57.9	DeAnza	Williams, Rainey, Margan, DeCruz
1984	8:43.4	Miramonte	Hiro, Smith, Flaherty, Durham

Frosh-Soph Girls:

1996	10:23.2	Acalanes	Judy, Barbera, Bostjanich, Rowland
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4 X MILE PREVIOUS WINNERS

Varsity Girls:

1996	23:29.1	Mission San Jose	Hotchkiss, Bailey, Rutledge, Necococha
1995	23:25.6	Lowell	Lucero, Chou, Huang, Hua
1994	24:11.9	Castro Valley	J. Ewing, Wong, Lim, Shin

Frosh-Soph Boys:

1996	20:18.9	Mission San Jose	Stepan, Stevens, Chapman, Freeman
1995	20:36.2	Castro Valley	D. Dulaney, Boruta, Patterson, Baria
1994	19:57.8	DeLaSalle	George, Click, Sanchez, Hintz

Frosh-Soph Girls:

1996	24:22.6	Acalanes	Judy, Barbera, Powers, Bostjanich
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SHUTTLE HURDLE PREVIOUS WINNERS

Varsity Girls:

1996	41.5	Mission San Jose	Fong, Mei, McGraw, Smith
1995	44.2	American	Ruen, Jager, Pelarz, Cameron
1994	43.4	Las Lomas	Fortier, Uzzel, Baron, Hozapoulos
Before 1994, the hurdles were 30" in height. After 1994, they were raised to 33".			
1990-93		no meet	
1989	39.2	Ygnacio Valley	Patel, Hanf, Tobel, Bofing
1988		rained out	
1987	41.7	Las Lomas	Myers, Greensmith, Scott, Mille
1986	41.1	Presentation	Rucher, Kahlon, McNair, Lawson
1985	40.0	Las Lomas	Stone, Myers, Goeller, Maynard
1984	39.3	Campolindo	Thomas, Warren, Johnson, Kimer
1983	41.9	Encinal	Wong, Gee, Chui, Canto
1982		meet not held	
1981	41.9	Carondelet	Glynn, Achuleta, Zulaica, Fourmet
1980	38.9	Acalanes	M. VanZeeland, K. VanZeeland, Dunkleberg, Meinbres
1979	38.6	Acalanes	VanZeeland, Dunkleberg, Meinbress, Upshaw
1978	37.7	Acalanes	Meinbress, Upshaw, Gross, Favors
1977	39.5	Livermore	Newell, Ng, Calhoun, Mochior
1976	41.7	Berkeley	Burgess, Robinson, Ross, Cobb
Prior to 1976, the hurdles were an individual event			
1975	(80 yard)	11.3	K. Burgess Berkeley
1974	(80 yard)	12.8	Roberta Bruder Pleasant Hill
1973	(70 yard)	11.2	Roberta Bruder Pleasant Hill

Frosh-Soph Boys:

1996	39.6	St. Mary's	Nero, Gozzano, Cann, Natale
1995	44.1	Castro Valley	Fung, Aguayo, Paik, Ciglar
1994	44.2	Castro Valley	Amiri, Fung, Kim, Moore
1990-93		no meet	

1989	42.2	Acalanes	Habibullah, Wilson, Chales, Sicotte
1988			rained out
1987	41.1	DeAnza	Hunt, Wiggins, Westbrood, Senio
1986	40.6	Ygnacio Valley	King, Cochual, Rice, McDowell
1985	43.7	Las Lomas	Nelson, Luna, Morse, Johnson
1984	40.9	Miramonte	Aldridge, Pope, Brown, Cameron

Frosh-Soph Girls:

1996	43.6	Armijo	names not available
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OPEN 100 PREVIOUS WINNERS

Varsity Girls:

1996	13.20	Jill Armstrong	Acalanes
1995	13.3	Kristine Obligacion	Washington - Fremont
1994	12.8	Orisha Hines	Fremont-Oakland
1990-93			no meet
1975-89			event not held
1974			no records
1973 (yards)	11.9	Pam McDaniel	Washington-Fremont

Frosh-Soph Boys:

1996	11.89	Benalter Gambles	Armijo
1995	11.3	Dave Newton	San Ramon
1994	11.6	Brian Thompson	Alhambra

Frosh-Soph Girls:

1996	13.45	Espie Accode	St. Mary's
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DEVIL-TAKE-THE-HINDMOST MILE PREVIOUS WINNERS

Varsity Girls:

1996	5:53.8	Katie Hotchkiss	Mission San Jose
1995	5:31.8	Amber Robinson	Las Lomas
1994	5:40.1	Amber Robinson	Las Lomas
1990-93			meet not held
1989	5:24.2	Sarah Riley	Campolindo
1988			rained out
1987	5:21.3	Maria Ravazza	Acalanes
1986	5:20.4	Kristen Hansen	Ygnacio Valley
1985	5:29.6	Elena Spight	Miramonte
1984	5:24.9	Elena Spight	Miramonte
1983	5:11.6	Ann Ratto	Alameda
1982			meet not held
1981	5:20.5	Nogle	Miramonte
1980	5:05.9	Lisa Sandel	Campolindo
1979	5:19.5	Melissa Martel	Piedmont
1978	5:19.3	Carol Manning	Carondelet

1977	5:20.4	Cherie Williams	Livermore
1976	5:30.8	Karen Salisbury	Northgate
1975	5:30.8	Mary Riebelt	Las Lomas
1974	5:54.8	M. Zahner	Bishop O'Dowd
1973	6:07.8	Mary Faiferek	Las Lomas

Frosh-Soph Boys:

1996	4:34.4	Jonathan Stevens	Mission San Jose
1995	5:03.6	Peter Baria	Castro Valley
1994	5:01.4	Chris Coffee	DeLaSalle
1990-93		no meet held	
1989	4:52.7	Dave Ling	Castro Valley
1988		rained out	
1987	4:40.7	Gordon Johnson	Piedmont
1986	4:33.4	Mike Mahoney	Acalanes
1985	4:42.1	Ryan Harding	Eagle Point, Oregon
1984	4:44.5	P. King	Clayton Valley

Frosh-Soph Girls:

1996	5:39.8	Courtney Davidson	Redwood Christian
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DISCUS PREVIOUS WINNERS

<u>Team:</u>				<u>Individual</u>	
<u>Varsity Girls</u>					
1996	220-1	Dublin	Lee, Hodson, Jamison	90-4	Valerie Kucharewski Foothill
1995	256-8	Tokay	Pfeifle, Wiley, Hernandez	98-4	Shannon Pfeifle Tokay
1994	247-3	Alhambra	Colbert, Fowler, Ferguson	89-5 1/2	Stephanie Colbert Alhambra
1990-93		meet not held			
1989	249-0	Piedmont	Martin, Anderson, Moren	119-2	Julie DeJarlis Las Lomas
1988			rained out		
1987	274-11	Las Lomas	Dawson, DeJarlis, Deruyte	123-2	Julie DeJarlis Las Lomas
1986	286-7	Moreau Catholic	A. Loggins, Watson, B. Loggins	117-6	Swanson College Park
1985	274-8	Foothill	Kleinsmith, DeSantis, Murphy	124-7	Swanson College Park
1984	276-11	Moreau Catholic	B. Loggins, Watson, A. Loggins	108-11 3/4	Tyler College Park
1983	256-6	Campolindo	Ebersole, Denham, Lundling	98-3	Casazza Alhambra
1982			meet not held		
1981	283-2	Acalanes	Borgwardt, D'Hout, Gordon	113-7	Cherie Schaeffer Castro Valley
1980	298-9 1/2	Acalanes	Lovtang, Borgwardt, D'Hout	116-2	d'Hout Acalanes
1979	283-9	Monte Vista	Fisher, K. Callaghan, B. Callaghan	126-4	Heidi Carlson Miramonte
1978	300-4.5	Pleasant Hill	Aston, Echols, Johnson	133-7	Linda Reed Alameda
1977	290-7	Monte Vista	Frahmen, Dolsby, Bell	122-10 1/2	Carol Dolsby Monte Vista
1976				115-2 1/2	Shannon Duthrie Miramonte
1975				99-8	K. Hilton Pleasant Hill
1974	no records				
1973				89-7	S. Pierce Berkeley

Girls' Frosh-Soph:

1996	222-7	St. Mary's	Harris, Aikens, Williams	105-0	Katy Savage Alameda
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Frosh-Soph Boys:

1996	294-11	Las Lomas	Christiansen, Jones, Decker	124-10	Rob Christiansen Las
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Lomas

1995	313-3	American	Stevens, Ty, Alveenaz	109-0	Darren Lanfair Tokay
1994	288-1	Mt. Eden	Garvin, Faasisila, Feliciano	103-3	Chris Barker Hayward
1990-93	meet not held				
1989	308-8	Ygnacio Valley	Holland, Rumbel, Johnson	119-1	D. Halpin Campolindo

SHOT PUT PREVIOUS WINNERS**Team:****Varsity Girls:**

1996	86-7	Fremont (Oakland)	Fine, Talanoa, Payne	32-10	Barbara Klews Castro Valley
1995	83-7 1/2	Castro Valley	Klews, Minion, Howard	31-9	Barbara Klews Castro Valley
1994	75-10	Alhambra	Colbert, Ferguson, Fowler	29-2	Stephanie Colbert Alhambra
1990-93	meet not held				
1989	89-3 1/2	Piedmont	Moren, Watts, Martin	37-7 1/4	Julie DeJarlis Las Lomas
1988	rained out				
1987	91-0 3/4	Acalanes	Connor, Samahon, Billeter	35-8	Hildegard Samahon Acalanes
1986	89-2 1/2	Moreau Catholic	A. Loggins, Watson, B. Loggins	34-0 1/4	Dawn Lundberg Campolindo
1985	92-3 1/2	Foothill	Murphy, DeSantis, Mullikin	34-2 1/2	Esther Mullikin Foothill
1984	94-9 1/2	Moreau Catholic	A. Loggins, B. Loggins, Watson	37-1	J. Watson Moreau Catholic
1983	86-0	Eagle Point, Oregon	Dickenson, Walter, Hanscom	32-8 1/2	Debby Hanscom Eagle Point
1982	no meet held				
1981	86-8 1/2	Ygnacio Valley	Reed, Camp, Chiavini	32-8	Diane Reed Ygnacio Valley
1980	105-3.5	Liberty	Gallegos, Gallegos, Hoffman	40-0	Kathy Callaghan Monte Vista
1979	101-1	Monte Vista	B. Callaghan, Fischer, K. Callaghan	39-8 1/2	Kathy Callaghan Monte Vista
(8 lb. shot used before 1979)					
1978	89-5 1/2	San Leandro	Richards, Bradshaw, Egan	40-6	Linda Reed Alameda
1977	105-6	Monte Vista	Bell, Callegan, Dolsby	38-9	Carol Dolsby Monte Vista
1976				38-11	Vanessa Brooks Berkeley
1975				35-0	L. Keats San Leandro
1974				34-2	L. Gustavson Monte Vista
1973				38-3	G. King Washington

Girls' Frosh-Soph:

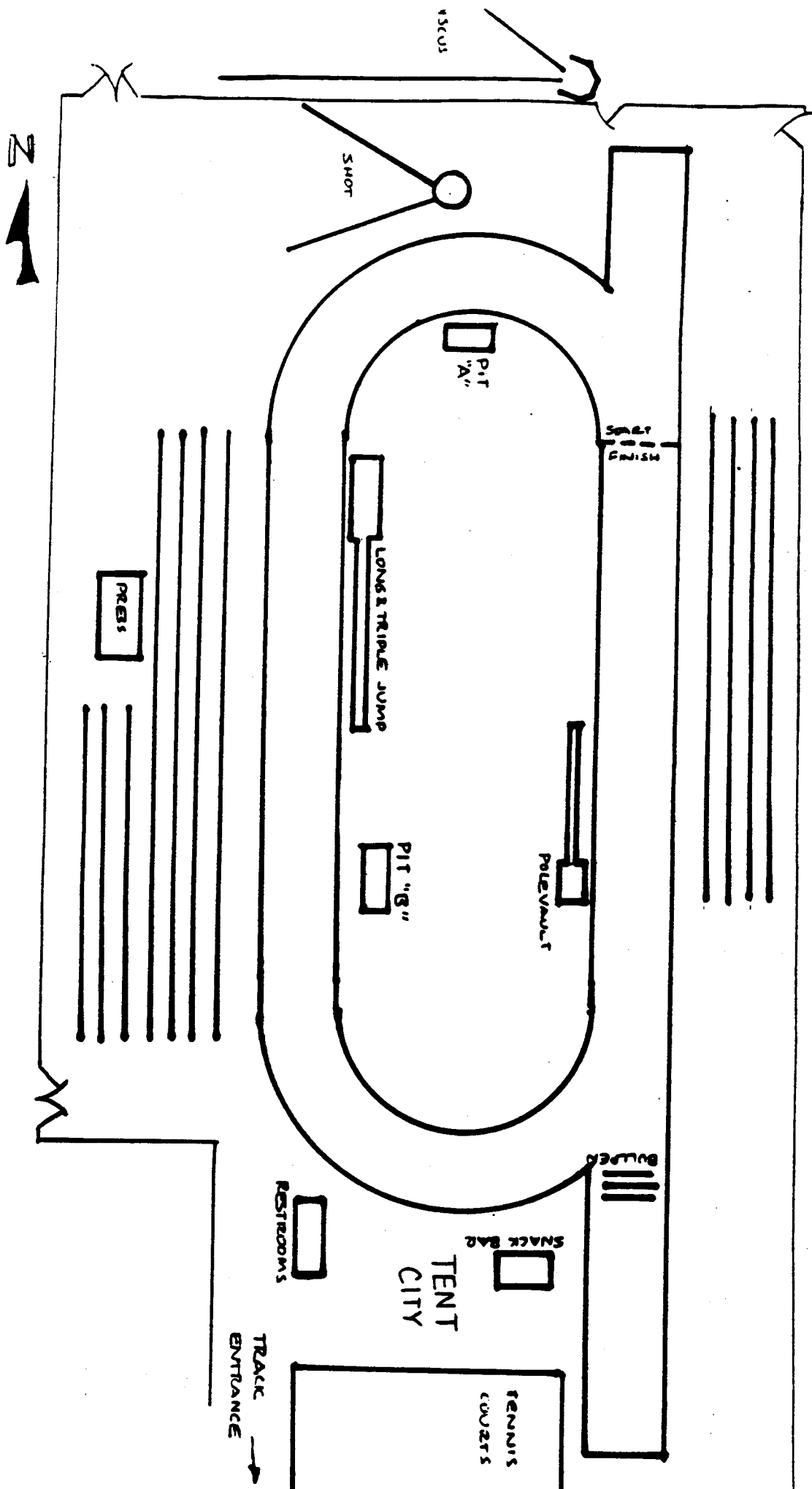
1996	81-1 1/2	St. Mary's	O'Dea, Aikens, Harris	32-6	Rodie Aikens St. Mary's
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Frosh-Soph Boys:

1996	124-7 1/2	Las Lomas	Christiansen, Jones, Decker	50-9	Rob Christiansen Las Lomas
1995	129-4.5	Tokay	Takahaski, Gabriel, Lanfair	47-7 1/2	Darren Lanfair Tokay
1994	125-8	Alhambra	Oxford, Kinder, Boyd	45-2	Tony Feliciano Mt. Eden
1990-93	meet not held				
1989	114-0 3/4	Piedmont	Fendel, Krieger, DeFeo	42-8	Josh DeFeo Piedmont
1988	rained out				
1987	128-11 1/2	College Park	McDeamid, Byford, Holden	47-11 1/2	Doug Byrkit Monte Vista
1986	126-6 1/2	Amador Valley	Carvecho, DeBarnardi, Sebaha	48-8	Eric Bamberger Ygnacio Valley
1985	124-6	Las Lomas	Freschi, Barns, Miller	46-5	Tony Miller Las Lomas
1984	140-2	San Ramon	Cox, Greg, Isola	49-0	Will Greg San Ramon

HIGH JUMP PREVIOUS WINNERS:**Team:****Individual:**

REDWOOD ROAD



CASTRO VALLEY TRACK
(NOT TO SCALE)

Lomas

1995	313-3	American	Stevens, Ty, Alveenaz	109-0	Darren Lanfair Tokay
1994	288-1	Mt. Eden	Garvin, Faasisila, Feliciano	103-3	Chris Barker Hayward
1990-93	meet not held				
1989	308-8	Ygnacio Valley	Holland, Rumbel, Johnson	119-1	D. Halpin Campolindo

SHOT PUT PREVIOUS WINNERS**Team:****Varsity Girls:**

1996	86-7	Fremont (Oakland)	Fine, Talanoa, Payne	32-10	Barbara Klews Castro Valley
1995	83-7 1/2	Castro Valley	Klews, Minion, Howard	31-9	Barbara Klews Castro Valley
1994	75-10	Alhambra	Colbert, Ferguson, Fowler	29-2	Stephanie Colbert Alhambra
1990-93	meet not held				
1989	89-3 1/2	Piedmont	Moren, Watts, Martin	37-7 1/4	Julie DeJarlis Las Lomas
1988	rained out				
1987	91-0 3/4	Acalanes	Connor, Samahon, Billeter	35-8	Hildegard Samahon Acalanes
1986	89-2 1/2	Moreau Catholic	A. Loggins, Watson, B. Loggins	34-0 1/4	Dawn Lundberg Campolindo
1985	92-3 1/2	Foothill	Murphy, DeSantis, Mullikin	34-2 1/2	Esther Mullikin Foothill
1984	94-9 1/2	Moreau Catholic	A. Loggins, B. Loggins, Watson	37-1	J. Watson Moreau Catholic
1983	86-0	Eagle Point, Oregon	Dickenson, Walter, Hanscom	32-8 1/2	Debby Hanscom Eagle Point
1982	no meet held				
1981	86-8 1/2	Ygnacio Valley	Reed, Camp, Chiavini	32-8	Diane Reed Ygnacio Valley
1980	105-3.5	Liberty	Gallegos, Gallegos, Hoffman	40-0	Kathy Callaghan Monte Vista
1979	101-1	Monte Vista	B. Callaghan, Fischer, K. Callaghan	39-8 1/2	Kathy Callaghan Monte Vista
(8 lb. shot used before 1979)					
1978	89-5 1/2	San Leandro	Richards, Bradshaw, Egan	40-6	Linda Reed Alameda
1977	105-6	Monte Vista	Bell, Callegahan, Dolsby	38-9	Carol Dolsby Monte Vista
1976				38-11	Vanessa Brooks Berkeley
1975				35-0	L. Keats San Leandro
1974				34-2	L. Gustavson Monte Vista
1973				38-3	G. King Washington

Girls' Frosh-Soph:

1996	81-1 1/2	St. Mary's	O'Dea, Aikens, Harris	32-6	Rodie Aikens St. Mary's
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Frosh-Soph Boys:

1996	124-7 1/2	Las Lomas	Christiansen, Jones, Decker	50-9	Rob Christiansen Las Lomas
1995	129-4.5	Tokay	Takahaski, Gabriel, Lanfair	47-7 1/2	Darren Lanfair Tokay
1994	125-8	Alhambra	Oxford, Kinder, Boyd	45-2	Tony Feliciano Mt. Eden
1990-93	meet not held				
1989	114-0 3/4	Piedmont	Fendel, Krieger, DeFeo	42-8	Josh DeFeo Piedmont
1988	rained out				
1987	128-11 1/2	College Park	McDeamid, Byford, Holden	47-11 1/2	Doug Byrkit Monte Vista
1986	126-6 1/2	Amador Valley	Carvecho, DeBarnardi, Sebaha	48-8	Eric Bamberger Ygnacio Valley
1985	124-6	Las Lomas	Freschi, Barns, Miller	46-5	Tony Miller Las Lomas
1984	140-2	San Ramon	Cox, Greg, Isola	49-0	Will Greg San Ramon

HIGH JUMP PREVIOUS WINNERS:**Team:****Individual:**

Varsity Girls

1996	14-4	Acalanes	Nichol, Shaw, Flett	5-2	Erin Nichol	Acalanes
1995	14-0	Castro Valley	Kohl, E. Ewing, Komadina	4-10	Amy Kohl	Castro Valley
1994	13-6	Castro Valley	Kohl, Hild, Parker	4-10	Tracy Banks	Alhambra
1990-93	no meet held					
1989	14-0	Holy Names	Clark, Harb, Dillon	4-10	Daly	Benicia
1988		rained out\				
1987	14-0	Monte Vista	Byers, Cole, Baker	4-10	Carrie Dial	College Park
1986	13-6	Arroyo	Barros, Lopes, Sanchez	5-0	Brook Knight	Clayton Valley
1985	14-2	Campolindo	Johnson, Denham, Cole	4-10	Kristin Folkedahl	Acalanes
1984	14-6	Campolindo	Denham, Johnson, Kisner	4-11	Claire Denhan	Campolindo
1983	no records					
1982	no meet held					
1981	13-6	Castro Valley	VanBuskirk, Cunningham, Syme	4-10	Lisa Banchemo	Carondelet
1980	14-3	Acalanes	Carr, Dunklebey, VanZeeland	5-6	Maggie	VanZeeland
Acalanes						
1979	14-4	Acalanes	Dalicio, VanZeeland, Dunklebey	5-6	Lisa Peters	Northgate
1978	13-10	Las Lomas	Warrington, Kunz, Cornell	5-2	Karen Cornell	Las Lomas
1977	14-0	Livermore	Madrid, Paxaio, Shirley	4-10	Janice Paxaio	Livermore
1976				5-2	Johnson	Liberty
1975				5-2	Terry Knight	Berkeley
1974	no record					
1973				4-11	A. Noack	Campolindo

Girls Frosh-Soph:

1996	12-10	Castro Valley	Bailey, Robles, Van Norman	4-6	Loryn Bailey	Castro Valley
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Frosh-Soph Boys:

1996	16-2	Hayward	Holleman, Boatwright, Cano	5-8	Jordan Engledinger	Acalanes
1995	16-2	Tokay	Ryan, Caulkey, Echler	5-10	Jason Ryan	Tokay
1994	15-6	Castro Valley	Amiri, Kim, Fung	5-6	Naeem Amiri	Castro Valley
1990-93	meet not held					
1985-89	event not contested					
1984	16-7	Miramonte	Cameron, Franklin, Kerchner	5-7 (tie)	Chris Kerchner	Miramonte
				5-7 (tie)	Tom Cameron..	Miramonte

LONG JUMP PREVIOUS WINNERS

Teams:

Varsity Girls:

1996	41-0	Las Lomas	Minglana, Leahy, Ashworth	14-5 1/2	Ada Minglana	Las Lomas
1995	42-3	1/2 Holy Names	Brown, Agbowo, Banks	14-10	Jasmin Brown	Holy Names
1994	42-0	1/2 Castro Valley	Kohl, Shin, Wong	14-11 1/4	Amy Kohl	Castro Valley
1990-93	meet not held					
1989	43-7	1/2 Holy Names	Tanner, Gross, Alexander	16-4	Chivonne Tanner	Holy Names
1988		rained out				
1987	43-5	Monte Vista	Hansen, Kolb, Studfell	15-0	Susie Calahong	Las Lomas
1986	45-6	1/2 Alhambra	Corbyn, Morandin, Suito	15-11	Cindi Barros	Arroyo
1985	45-10.5	Campolindo	Doust, Berman, Schuh	16-7 1/2	Karlyn McNall	Acalanes
1984	47-0	Miramonte	Tong, Halsey, Hess	16-1 3/4	Kim Halsey	Miramonte
1983	47-0	1/2 Campolindo	Schuh, Berman, Rowe	16-5 1/2	Kim Halsey	Miramonte
1982	meet not held					
1981	48-1.5	Alhambra	Suito, Hanson, Hopkins	16-6	Pam Cole	Castro Valley

Individuals:

1980	46-9	3/4 Acalanes	Bucklin, Cox	VanZeeland	16-9	Maggie VanZeeland	Acalanes
1979	47-2	1/2 Moreau Catholic	Miles, Carson, Kinman		16-9	1/2 Rita OConnor	San Ramon
1978	45-7	Northgate	Fleming, Peters, Kenow		15-11	1/2 Dawn Peters	Northgate
1977	48-0	1/2 Livermore	Madrid, Ng, Paxaio		16-9	Paula Ng	Livermore
1976					16-5	Kelly Swearington	Del Valle
1975					17-2.5	Terry Knight	Berkeley
1974					17-0	C. Hermann	Las Lomas
1973					16-6	3/4 P. Lebrrie	Bishop O'Dowd

Girls' Frosh-Soph:

1996	38-0	1/4 St. Mary's	Rodriguez, Eisner-Gordon, English	14-11	Katy Savage	Alameda
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TRIPLE JUMP PREVIOUS WINNERS

Team:

Frosh-Soph Boys:

1996	104-2	3/4 Hayward	Hsieh, Johnson, Conway	37-0	1/2 Kim-Da Hsieh	Hayward
1995	105-9	Castro Valley	Bailey, Fung, Ciglar	37-2	Kevin Grimes	San Lorenzo
1994	109-9	3/4 Castro Valley	Amiri, Moore, Wong	37-5	3/4 Naeem Amiri	Castro Valley
1990-93			no meet held			
1989	110-1.5	Acalanes	Wilson, Sampson, Habibullah	40-2	Jerry Reese	Mt. Diablo
1988			rained out			
1987	114-9	DeAnza	Hunt, Riveis, Foster	39-5	J. Hunt	DeAnza
1986	113-10	Ygnacio Valley	Medrona, Poppleton, Barry	41-7	Rich Laccay	Moreau Catholic

Individual:

POLE VAULT PREVIOUS WINNERS

Team:

Varsity Girls:

1996	22-6	Acalanes	Flett, Forde, Herg	8-6	Elizabeth Ewing	Castro Valley
	22-6	Castro Valley	E. Ewing, Clancy, Sammons			
1995	21-0	Las Lomas	Baron, Fleming, Tumbas	9-6	Amanda Sweeney	Tokay
1994	21-6	Las Lomas	Baron, Fleming, Tumbas	8-0	Amanda Baron	Las Lomas

Individual:

Girls' Frosh-Soph:

1996	7-0	Dublin	Cherie Simon	7-0	Cherie Simon	Dublin
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Frosh-Soph Boys:

1996	31-0	Las Lomas	Wilson, Klopp, VandeNeth	11-9	Chad Wilson	Las Lomas
1995	24-6	Las Lomas	Holliwell, Klopp, Wilson	10-0	Zac Martinez	Tokay
1994	29-6	Alhambra	Hodgkinson, Porter, Savacool	10-6	Paul Hodgkinson	Alhambra
1990-93			meet not held			
1989	30-9	Ygnacio Valley	Pierson, Tran, Medhurst	12-3	Bruce Medhurst	Ygnacio Valley
1988			rained out			
1987	30-0	Ygnacio Valley	Land, Daily, Kim	12-0	Mike Lane	Acalanes
1986	28-0	Clayton Valley	Tara, Hooshmand, Rockenbaugh	10-6	(tie) Poppleton	Ygnacio Valley
				10-6	(tie) Tara	Clayton Valley
1985	26-6	Las Lomas	Veglia, Luna, McGuire	10-6	Dave Veglia	Las Lomas

REDWOOD ROAD

CASTRO VALLEY TRACK
(NOT TO SCALE)

